

# PUMPKIN SEED-ENCRUSTED EGGPLANT ROLLATINI



Submitted by Alex Calderon and Sean Mahoney at Winchester Hospital, Massachusetts

SERVES 4

## INGREDIENTS

### Eggplant

2 tbsp. pumpkin seeds

½ cup apple cider

1 large eggplant unpeeled (1/8" sliced lengthwise) 1 tsp. fresh ginger (minced)

2 cups flour 1 cup fresh butternut squash (1/4" diced)

1 egg whisked with 2 tbsp. almond milk 2 tbsp. shallots (minced)

2 cups plain bread crumbs  
3 tbsp. olive oil

2 cups panko bread crumbs  
½ cup heavy cream

¼ tsp salt 1 tsp. honey

¼ tsp pepper 2 tbsp. plant based butter

1 6 oz. jar roasted red peppers drained 1/8 tsp. salt

1 tbsp. fresh chopped parsley or microgreens (garnish)

### Filling

1.5 cups fresh spinach chopped

1 cup of peeled and cubed uncooked butternut squash to shred

2 tbsp. ricotta cheese

3 tbsp. parmesan cheese

2 tbsp. shredded mozzarella

2 tbsp. olive oil (second listed)

1 egg

¼ tsp salt

¼ tsp pepper

Apple cider cream sauce (recipe not listed)

## PREPARATION

**1. Filling** Shred cubed butternut squash with hand grater. Mix together in medium size bowl shredded butternut squash, fresh spinach, ricotta, mozzarella, parmesan cheese, egg, olive oil, salt and pepper. (Hold aside).

**2. Eggplant** Toast pumpkin seeds on sheet pan in oven and process in food processor or hand chop until fine. Trim tops and bottom of the eggplant. Slice eggplant lengthwise 1/8" thick. In shallow dish, combine pumpkin seeds, panko and regular bread crumbs together and season with salt and black pepper. Place flour in a shallow dish, beaten egg with almond milk in a shallow dish and the bread crumb mixture in a shallow dish - large enough for the eggplant slices. Dredge eggplant in 3 steps. First in flour, second in egg mixture and third in bread crumb mixture. Be sure to evenly coat in all 3 steps. Heat olive oil in a large sauté pan. Lightly brown breaded eggplant in pan on both sides and hold aside on a cooling rack. Place 2 tbsp. of filling at one end of each eggplant slice and top with 2 strips of roasted red pepper. Then roll the eggplant.

**3. Sauce** prepare sauce (recipe not listed)

**4. Plating** Serve each Rollatini with 2 tbsp. of sauce and garnish with fresh parsley or micro-greens.

